

Living Well and Working Together: Emotional Intelligence

Join us for a webinar that introduces the core principles of Emotional Intelligence. Learn essential skills to recognise, understand, and manage your own emotions and those of others. Enhance your personal growth and improve your professional relationships through the art of Emotional Intelligence.

Speaker:

Dawn Mitchell is a mental health and wellbeing consultant, tutor and Fellow member of the Royal Society for Public Health, a Mental Health First Aid Trainer, former National Trainer for MHFA England and MECC for Mental Health Lead Training Developer

For further information and to book a place on this and other courses please visit www.maxcourse.co.uk/henw

Tuesday 10th March 2026
18:30 to 20:00
Registration from 18:15



1.5 hours ECPD
This webinar is fully subsidised.
If you book a place and fail to attend you will be charged the full cost of £30